# THE CARE OF THE SICK.

*Simple Points in Scientific Cookery and Nursing That We Often Overlook.*

*BY MARY B. JAMES.*

THE feeding of persons in health is of great importance, but when one succumbs to disease, proper feeding becomes a question of supreme importance. Careful nursing and diet-regulation are the life-saving agents in many forms of illness.

Physicians are generally agreed that the proper preparation and serving of food are of as much value in the restoration to health of the invalid as is the administration of medicine. Yet this important work must often be put into the hands of persons wholly ignorant of the laws that govern the selection and preparation of food as well as ignorant of the laws that govern that most intricate piece of mechanism, the human body.

Dr. Albert H. Hoy, of Chicago, has recently said: "It ought to be possible to formulate a dietary as accurate as to its substances and combinations as a medical formula, and there is no good reason why accuracy in the one should be required and not in the other."

No one disputes the fact that sickness invades every home at some time or other and therefore it is important that one should seek the requisite knowledge to meet the emergency when it comes.

The purpose then of this course of lessons shall be to assist the average person in the home to care for the sick intelligently and in this way save the tremendous wear and tear of the nervous system incident to the worry and anxiety that come when one is not sure what to do nor how to do it.

### Cooking an Exact Science.

Cooking is an exact science and cannot be done by guesswork for the sick, nor should it be so done for the well, for food is the blood-maker and the blood is the life.

In the preparation of food for the sick it must be constantly borne in mind that an invalid is one whose every organ is weakened by disease; that the various cells break down constantly in health but much more rapidly in disease; that in health the human machine is able to grind up food and combine with it the proper digestive fluids, which the healthy body is able to manufacture within itself in proper amounts. In sickness all this is changed; the digestive organs are weakened and the digestion of food must be largely performed outside the body by the nurse-cook, who must know how to prepare it as perfectly as possible for absorption and assimilation, not taxing the organs, that they may have a period of complete rest and recuperation. Florence Nightingale has said: "A good nurse-cook will save the digestive organs half their work."

This predigestion of food as far as possible, together with the proper selection as to quantity and quality, constitutes perfect feeding for the sick.

The conditions necessary for the rapid recovery of the invalid must be considered in order of importance as follows: pure air and sunlight in quantities to secure perfect ventilation; rest; sleep; exercise; bathing and if last, not least, a proper food supply.

### The Invalid's Room.

The room selected for the use of the sick must be considered first. The largest, lightest room possible, with sunny exposure, on second floor and, other things being equal, the one nearest the bath room, to save steps, should be selected. In many cases of sickness less heat is produced in the body than in health, and on this account a fireplace or grate where there can be an open fire is desirable to take off the chill of the room. Besides, an empty grate makes the best ventilator possible for a sick room, for there is a constant ingress of pure air. Windows must next claim our attention, as they are the only means of ventilation in many rooms. The window farthest from the bed may be kept constantly open at the top by tacking a piece of flannel, not too thick, over the opening. This will admit the pure air without draft. Another practical method is the raising of the lower sash and placing under it a board six or more inches wide and as long as the width of window. By this method the fresh air finds its way in between the sashes by an upward current. Screens placed before the windows or around the bed prevent drafts from open windows reaching the invalid. Green linen blinds or some good substitute should be provided for darkening the room when necessary. If a small room must be used, the extra pure air needed must be admitted from the hall or adjoining room.

### Lamps are Objectionable.

Under no circumstances burn a kerosene lamp, with the wick turned down below the point of perfect combustion. Lamps burn up the oxygen of the room at best and the odor is irritating and poisonous to the linings of the throat and stomach. If a dim light is desired, place the lamp outside the room or shade it with a screen. Gas also burns up the oxygen rapidly. Electric lights are best.

Remove from the room all superfluous draperies or ornaments, furniture, carpets and anything that will hold or catch the dust and poisonous matter breathed out by the sick person. A hard-wood or painted floor is the ideal one for the sick-room, for it can be wiped up each morning with a mop wrung from hot water, into which has been put some formalin or carbolic acid. This method will keep the floor sweet and clean without raising dust incident to sweeping and also prevents the noise which often disturbs the patient. Dusting should be done by using a cloth wrung dry from water into which some antisceptic has been put.

If there should be a set wash-bowl in the room selected, the stopper should be put in and sealed tightly with a cement of plaster of paris. The overflow holes should also be sealed to prevent any risk from sewer gas.

### The Bed and Bedding.

The bed should be a single one, high enough to prevent unnecessary stooping over by the nurse. High rubber rollers can now be obtained for this purpose. A number of soft pads should be provided to place under the sheet and over the mattress. These pads can be easily removed and washed. The under sheet should be pinned tightly and smoothly to the under side of the mattress with safety pins to prevent wrinkles. Light blankets should be used for covers. Comforters or quilts that are impervious to air should never be used. Small pillows should generally be used, that the lungs may have free play in order to take in all the pure air possible.

To remove the sheets, pads, etc., move the patient close to one side of the bed and roll one side of the under-sheet up toward the invalid. Then roll one-half of the clean sheet into a round roll, lay this next to the patient and spread the other half smoothly over the bed and fasten, as above, to the mattress. Aid the patient over to the clean side of the bed, remove the soiled sheet, etc., and spread the rolled part over that part of the bed. Lay the upper sheet and covers lightly over the sick one. Bathing usually precedes this change of bed linen.

In the commencement of many forms of illness the diet should merely satisfy hunger, quench thirst and soothe inflamation, but not stimulate. Foods suitable for this purpose are acid, mucilagenous and aromatic drinks, fruits, gelatinous soups and starchy gruels.

### Acid Fruit Drinks.

Acid fruit drinks are often agreeable to the sick when no food is desired and are valuable for their pure fruit acids and phosphates.

APPLE WATER No. 1.—Mash a baked apple in an earthen bowl with a silver fork and pour over it a cup of freshly boiled water. Cover closely; when cold, strain, sweeten and serve very cold. A few drops of lemon juice may be added to develop the flavor. Serve in a pretty glass.

APPLE WATER No. 2—Wash and slice a large juicy apple into a bowl. Add a strip of lemon peel or a bit of cinnamon-bark and pour over one cup of freshly boiled water. Cover and set in ice-box, and when cold, strain, sweeten with loaf sugar (because it is the purest form of sugar) and serve very cold in a glass. Apples are "the queen of all fruits" and contain iron and phosphates in abundance, together with a large amount of pure water.

TAMARIND WATER.—Stew or cook slowly two ounces of tamarinds with four ounces stoned raisins in three pints of water one hour. Strain, cool and serve. If more nourishment is needed than these drinks contain, the white of an egg may be added to each glass. Put the drink and white into a clean glass jar, screw on top and shake from five to eight minutes until perfectly absorbed.

EGG LEMONADE.—Separate the white from the yolk of egg. Put the white on plate and the yolk in small bowl; add a few grains of salt to both white and yolk. Beat the yolk with an egg-beater until lemon color and stiff; add the juice of one lemon; beat; add two teaspoonfuls or more of sugar; fold in the white beaten stiff with a silver fork; then add one-half glass of ice-cold water or the egg may be poured over shaved ice, if ice is allowed. Place in ice-box five minutes and serve. The yolk may be omitted if it is too rich.

### Preparing Fruit Juices.

As it is the season in which to prepare fruit juices, so valuable in sickness, I will give the method. Stem one quart of strawberries, wash in a colander. Do not crush the fruit, but put them in top of double boiler, granite or enameled, with half their bulk in sugar; heat for thirty minutes, turn into a jelly bag, a pointed bag of flannel (with a tape to draw up in top), tie up the bag and hang it up to drain over a bowl. Do not press the bag; use only the juice that drips out; heat the juice to just short of boiling point; when the surface of the juice just moves but does not bubble. Keep it at this temperature for an hour. While the juice is cooking prepare sterile bottles by placing bottles of the desired size in a kettle of cold water, with a rack of some kind, which may be made of small pieces of wood; rest the bottles on the rack in order that they may not touch the bottom of the kettle and break; place the kettle and bottles over the fire and let the water come to a boil; remove the bottles one at a time and place on wet towel, and they are ready to fill. Pour the cooked syrup into the bottles and cork and seal tightly. Stand for a few hours on corks to prove that they are sealed tightly. Put away in a dark, cool place. To serve, mix equal quantities of juice and cold water.

Oranges and pineapples, either singly or combined, make delicious juices prepared in the same way, but the small fruits make even more delicious juices. Currants, alone or mixed with one-third raspberries, huckleberries and elderberries, are not to be despised; blackberry juice has much medicinal value in bowel troubles and the poorest cherries become nectar when made into juices.

# With the New Books

"LITTLE MITCHELL," by Margaret W. Morley, is the story of a mountain squirrel, cleverly told for the younger readers, with pleasing illustrations by Bruce Horsfall. The story is the kind that not only gives the children a love for nature study, but inspires them with a sympathy for all God's creatures. The death of Little Mitchell is pathetic and, as the author says: "It is true he was nothing but a squirrel, but living as he did with human beings, developing his intelligence, suffering, and learning love and patience, he seemed very near the human life with which his own life was spent." Published by A. C. Clurg & Co., Chicago.

"HUMAN WORK," by Charlotte Perkins Gilman, is a study of the economic processes of society. The writer deals with man as a worker and holds "that it is his social instinct that urges him to labor and not his selfish desire for individual profit at the expense of others, as most modern sociologists believe." Published by McClure, Phillips & Co., at $1.50 net.

ELLEN GLASGOW has written another novel, "The Deliverance," and it is one which should not be carelessly skimmed through for the slow—perhaps too slow—unravelling of the story is yet necessary to the proper delineation of so serious a theme. Christopher Blake hates, with a hard, brutal, studied hatred his father's former overseer, who, through cunning machinations, and under cover of the multitude of opportunities offered by the circumstances of war and the immediately following reconstructive period, gains possession of the Blake plantation, with the exception of a few acres, and forces a shuffling which places him in Blake Hall and Christopher and his mother and two sisters in the overseer's home. The sole object of Christopher's life consists in planning an appropriate revenge. This he finally accomplishes, through the grandson of the overseer, who is his one great pride and the one person that he loves. Calmly, deliberately, cunningly, and wantonly Christopher leads the boy into disobedience and deception toward his grandfather makes a drunkard of him, and finally brings the boy to hate him as much as he himself does. It is not easy to find excuse for a man who thus deliberately commits such a crime against his own manhood, to say nothing of the wrong done the boy—nor considering the provocation—but there is retribution visited upon him in his tardy awakening. As fate will have it, the boy has a sister and Christopher falls in love with her, and it is this love which finally brings him to a realization of how low he has fallen, and what a mean and heinous thing he has given his life to accomplish. He can't undo the wrong but he can suffer for it and he does, and through this suffering comes The Deliverance. Published by Doubleday, Page & Company.

IN "The Child Housekeeper," Elizabeth Colson and Anna G. Chittenden have put into book form nine lessons for teaching housekeeping to children. The object "is to teach young girls to work neatly and intelligently at home with the utensils and materials there provided and not to train them to become servants." There are verses and songs and suggestions which mothers will find helpful in making home tasks interesting and pleasurable to young people. Published by A. S. Barnes & Co., New York.

"WOMEN'S WAYS OF EARNING MONEY" is a volume by Cynthia Westover Alden, whose title explains itself. Mrs. Alden has had a large practical experience and unusual opportunities for observation and the book should prove of real help to many to whom the question of how to earn money is a vital one. It is comprehensive in the variety of subjects it treats. Published by A. S. Barnes & Company, New York.

"HOW A LITTLE GIRL WENT TO AFRICA," told by herself, is a story by Leona Mildred Bicknell. Children have hitherto had to be content with such books as grown-up people wrote for them, but now a bright little girl of unusual opportunities in the way of travel has, at the age of ten, written a book to tell other children of a journey of remarkable interest. She accompanied her father and mother, who went to do missionary work among the Zulus in South Africa, and the breaking out of the Boer War added not only excitement, but danger to her interesting experiences. In simple style the little author tells with remarkable descriptive power of the Atlantic voyage, the sights in London, the longer voyage to Cape Town, the residence and travels among strange and singular peoples, and the return. So well is the little author's work done that Eliza H. Morton, the well-known author of "Morton's Geographies," who contributes the introduction, recommends the work for all school libraries The illustrations deserve special mention. There are no less than twenty-four full-page pictures, nearly all reproduced from photographs of very interesting scenes in South Africa, and of special interest in connection with the story. The book is handsomely bound, with portrait insert of the young author upon the cover, and in every way calculated to appeal to a very wide circle of readers. ($1.00.) Published by Lee & Shepard, Boston.


**COFFEE CATARRH.**

**An Unsuspected Cause.**

It is curious how many diseases come from a disordered nervous system which locates disease in some part of the body and the primary cause can often be traced to coffee which first breaks down the nervous system. A Georgian says:

"There is no doubt coffee gave me nasal catarrh. The ceptim in my nose was all gone and the catarrh was eating its way, getting hold of the main bone of the nose. It also affected my sight very much.

"My nose was constantly dripping bloody water but in two weeks time after I quit coffee and used Postum Food Coffee in its place, I could see my way very well, the dripping from my nose stopped and my nose finally got perfectly well and healthy as far as is possible for the ceptim to grow back.

"There is no doubt it was a case of coffee catarrh and the cure was made entirely by changing from coffee to Postum. The rest of my family took up the new drink and Postum relieved my wife and little boy of frequent headaches and what is called 'coffee headache' is not known in our family any more. Our sleep is so much more refreshing.

"We have influenced many people to try Postum and all of them like it better the longer they use it and most of them say it is better than coffee." Name given by Postum Co., Battle Creek, Mich.

Ten days trial Postum in place of coffee often works wonders. There's a reason.

Look in each pkg. for the famous little book, "The Road to Wellville."

**WONDERFUL PIANO OFFER.**

The CELEBRATED BECKWITH PIANO CO.'S UPRIGHT GRAND 25-YEAR GUARANTEED PIANOS.

**$89.00 115.00 138.00 and 165.00**

For the most liberal piano offer ever heard of write for our Free Piano Catalogue, and you will receive by return mail, free, postpaid, the handsomest, most interesting and most complete Special Piano Catalogue ever published. We will send you a facsimile of our celebrated 25-year guarantee, our one year's free trial plan will be fully explained, how we furnish pianos on trial without one cent of money being sent to us will be made very clear; you will receive facsimile letters from the largest Chicago banks endorsing our proposition and we will explain just what the freight will be to your town. In the special catalogue we show large, handsome, halftone illustrations and complete descriptions of all the different parts, the manner of construction (interior and sectional views), also color tone sample plates of the different woods, including French burled walnut, English quarter sawed oak, San Domingo figured mahogany, etc. Each piano is shown in very large halftone, full plate illustrations, every detail is fully and accurately described. Why the highest grade Beckwith Piano made, the Acme Cabinet Grand Concert Piano at $165.00, is in every essential point the equal of any piano made, regardless of price, is made very clear. Write for our Free Piano Catalogue and get all this free by return mail, postpaid; our latest and most astonishing offer, the greatest piano proposition ever heard of. If you have any use for a piano at any price, don't fail to write for our Free Piano Catalogue and Offers. Address,

**SEARS, ROEBUCK & CO., CHICAGO.**

**WESTWARD, HO!**

Reduced Freight Rates to the Pacific Coast on household goods or emigrant movables. Unequalled service and lowest rates. If moving out west be sure and get our figures. THE BOYD TRANSFER & STORAGE CO., Minneapolis, Minn.

**GINSENG** $25,000 made from one-half acre. Easily grown throughout the U. S. and Canada. Room in your garden to grow thousands of dollars' worth. Roots and seeds for sale. Send 4c for postage and get our booklet, C. R., telling all about it. McDowell Ginseng Garden, Joplin, Mo.

**GINSENG** SEEDS AND ROOTS. Prices low. 50 cent book on Culture and Profits of Ginseng FREE. Send for it. D. DRANDT, Box 516, Bremen, Ohio.

If afflicted with SORE EYES use Dr. ISAAC THOMPSON'S EYE WATER